



Fiesta on the Hill Coordinator, Angel Orozco, plots out the festival's floorplan at the Bernal Playground site behind the Bernal Library.

Bernal Heights Planea Una Fiesta

La comunidad puede anticipar un día de diversión el 19 de Octubre, 1991, cuando el Centro del Vecindario de Bernal Heights presenta su festival anual, "FIESTA EN LA COLINA".

El Coordinador del festival, Angel Orozco, dice que se enfocarán las mejores bandas del vecindario en la Fiesta, que se tendrá en el Playground de Bernal, en la calle Moultrie y la Avenida Cortland. Jazz Latino por "Nerio deGracia", música

las bandas que amenizarán el festival gratis.

Muchos artistas de Bernal Heights mostrarán y venderán sus creaciones en la Fiesta. El Festival también enfoca la buena diversión de la familia. Los jóvenes podrán montar en pony, acariciar los animales y participar en artes y labores manuales.

Con el objeto de coleccionar fondos para el Festival, se tendrá el "CABARET" en el Centro del

- Continúa en page 5

What's Up & Down In Bernal?

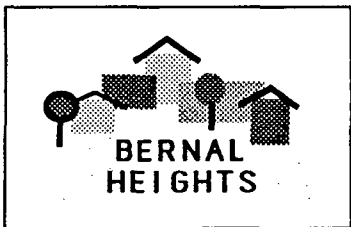
By Mauricio Vela
Center Director/Community Organizer

September has shown that the groups are raring to go. Meeting are once again taking place and things are getting done. The Hill Wide coalition has been working with the Day Laborers, and about Bernal police district-3rd. We have been concerned with the ties for youth around Cortland Avenue. Individual groups have their own specific issues and I'll try to keep abreast of their success and victories so I can let all of you know.

The Precita Valley Committee resumed monthly meetings in September, due to an increase of vandalism and car break-ins. They are also concerned that S.F. Rec & Park committed to starting the Precita Park renovations in May 91, but nothing has happened. Their next meeting will be held on October 12th at 10:00 a.m. at St. Anthony's. Police and Rec. & Park representatives will be invited. For more info call the St. Anthony's Rectory at 647-2704.

The Northwest Bernal Block Club was successful at their last meeting in getting some improvements on the top of the hill. Some of the improvements that AT&T, Rec. & Park, DPW, & the S.F.P.D

- Continúa en page 10...



Bernal Heights Celebrates its Diversity and Talent

Santana and Journey musicians to join annual festival

The hill is alive with the sound of music as Latin, Rock and Rhythm and Blues musicians tune up for the Bernal Heights annual festival called, "Fiesta on the Hill."

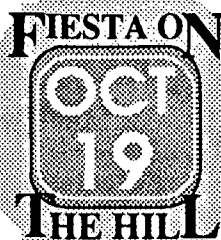
Sitting in with the neighborhood's local bands will be Mike Carebello and Chepito Areas, percussionists from the world renowned group, Santana. Carebello's congero (drums) and Area's timbale (timbale) playing will grace the stage as they perform with Bandido, a popular "Border Rock" group from Bernal and the Mission. Neil Schoen, guitarist from the Top 40 rock group, "Journey" will perform with his friends of the "Black Hole Gang," another talented group from the community.

"There's an incredible amount of talent on the Hill," says Festival Coordinator, Angel Orozco, "Over a dozen bands are coming together for this special event -

together for this special event - people are going to enjoy some fine music." The bands are playing for "gas money" which is basically a donation of their time and talents for the neighborhood event. "The musicians here are like family - we all help each other out, like donating time when someone is in an accident or a group is in trouble," explains Orozco, "We're all brother musicians."

Orozco, an accomplished composer and musician himself, has had deep roots in this music community since the mid 70's. He's toured with Nightranger, Linda Ronstadt and Los Lobos, as well as having an exciting studio session with music legend, Stevie Wonder. He says this involvement made it possible to gather so many bands for the Fiesta on the Hill. "The music itself will be a cultural explosion, but we'll also feature the Afro-Brazilian dance troupe, Omulu

- Continúa en page 4...



Filipinos Organize to Keep Community Services

Plans to centralize Filipino mental health services from the 29th Street Clinic to the Jesse Street Clinic in the South of Market area have alerted Filipino leaders and organizers to come together for a common cause.

Outspoken Filipino activist Bill Sorro says that the unorganization of the Filipino community allows the group to fall prey to service cutbacks and closures, "We're fractured - there's no strength to say 'Hell no, you're not going to close down our clinic.' We have to be more organized like other ethnic communities."

By providing a multi-lingual and multi-cultural staff, the 29th Street Adult Outpatient Clinic is able to provide mental health care to the ethnically diverse south east portion of San Francisco. Filipinos compose 24% of the clients receiving services at the clinic. Plans by the Department of Public Health would remove two Filipino health professionals from the 29th Street Clinic, in attempts to centralize services to Filipinos in the South of Market area.

- Continúa en page 3...

People on the Hill

Potter Brings Ancient Art Form to Bernal Community

by Beverly Carey-Koenig

The year was 1972. Janet Lohr, a potter, was traveling through the Southwest. "You must see the Kachina dances at the Hopi Reservation," she was told. Arriving at the First Mesa Hopi Reservation, she found no dances scheduled. Instead, she found pottery that was different than any she had ever seen.

Going from door to door, Janet found pottery displays in the living rooms. Women at the First Mesa Pueblo were making pottery in their kitchens. They were happy to show Janet how it was done. Using a few simple tools, pots were hand-formed, and fired on the ground behind their houses using old pot shards and manure. Beautifully designed, symmetrical pots were made using no potter's wheel, no glazes, and no kiln.

Janet spent the next year trying to duplicate the beautiful



Bernal Heights Artist, Janet Lohr.

- Continúa en page 4...

new

Bernal Journal515 Cortland Avenue, San Francisco, CA 94110
(415) 206-2144

The *New Bernal Journal* is a bi-monthly neighborhood newspaper sponsored by the Bernal Heights Community Foundation. It is dedicated to providing the people of Bernal Heights with community news, ideas, issues, and events that support the Foundation's mission: "To empower people in efforts to preserve the ethnic, cultural, and economic diversity of Bernal Heights and improve the economic condition of low and moderate income people in Bernal Heights." The *New Bernal Journal* is distributed door to door, free in Bernal Heights. Articles express the views of contributors and not necessarily those of the Bernal Heights Community Foundation.

Advertising: 206-2144

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New Bernal Journal Staff/Volunteers

Editor Vicki Victoria
Art Production Victoria Graphics
Distribution Terrence Ireland, Gerald Whitehead, & a cast of hundreds!
Photography Vicki Victoria
Contributors Jeanette Conley, Jessica Murray, Rey Ibay, Mauricio Vela, Jacqueline E. Letalien, Maria Hon, Carmen Mandieta, Martin Araujo, Beverly Carey-Koenig
Spanish Translation: Carmen Muñoz, Stella Loaisiga

For Advertising Call: 206-2144

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We are a member of the S.F. Neighborhood Newspaper Association.

Letters**A Reminder to Bernal Dog Owners**

I took some guests up for a walk around Bernal Heights Boulevard to look at the views - however, it became almost like walking an obstacle course to keep out of the dog feces! The odor was, in places, very overpowering too.

As an HIV infected person, I wonder if people realize the health issues involved?

I do appreciate animal owners rights, however, I will have to wait till the winter rains have cleaned up the walks and paths before I can safely return for a pleasant stroll around the hill!
- *Sincerely, Frustrated Walker*

(Due to his HIV situation, the letter writer has requested to remain anonymous)

The New Bernal Journal's Special November Election Issue

Give Us Your Input!



Here's your chance to state your views of the candidates and the propositions that face us in November, 1991's election. The *New Bernal Journal* invites Bernal Heights to send us your questions, and opinions for this year's election.

Ask the candidates for mayor:

"What would you do, specifically, to increase the number of jobs for young people in San Francisco?"

"What would you do to help the neighborhood small businesses?"

**Who deserves to be mayor of San Francisco?
Tell us why!**

We will also make efforts to translate portions of our Election issue in Spanish.

Please type or print your submissions clearly. Include your name, address and daytime phone number. We will review and consider all submissions. Anonymous submissions will not be considered. We reserve the right to edit for space or clarity. The submission deadline is 10/16/91.

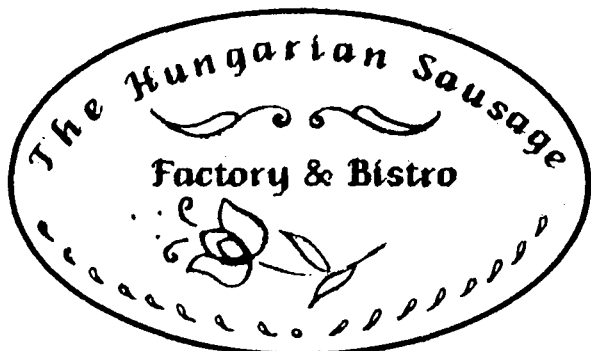
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Address: _____

Day Phone: _____

Send to:

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515 Cortland Avenue
San Francisco, CA 94110

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*Purveyors of sausage, cheese, bread, salad & wine
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**206-
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Fish - Poultry - Seafood

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Whole Chickens 99¢ lb.
fresh every day - reg 1.29 lb.

Helfrich's
Smoked Salmon Chunks .. 10% off
random weights
Ocean Garden
Prawns \$6.99 lb.
26-30 size - reg 8.99 lb.

Fresh Bakery Products

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Long Baguettes \$1.65
- reg 2.10 lb.

Fougasse Rounds \$6.99
all flavors - reg 8.25

Alvarado Bakery
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all flavors - reg 2.49

La Pastaria
Fresh Pasta Sauces \$4.49
Putanesca • Pesto • Wild Mushroom
Sun Dried Tomato

FREE TASTING

Sat. - Oct. 12, 4 - 7:30 pm

Montibella
Turkey Potato Sausage \$4.99 lb.
- reg 5.99 lb.
No Nitrates • No Preservatives • Low Fat
Hot or Mild

FREE TASTING

Sat. - Oct. 5, • 3:30 - 7:30 pm

Free Parking

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Parking Lot!

Dairy & Yogurt

Clover Stornetta
All Gallons of Milk \$1.99
all flavors - reg 2.29/2.09

Alta Dena
European Style Yogurt 75¢
6 oz. - reg 92¢

Continental
NonFat Yogurt 75¢
all flavors - 8 oz. - reg 89¢

Hain
Safflower Margarine \$1.59
one pound - reg 1.79

Bulk Foods

Breadshop
Granola Sale
Super Natural
Oregon Blueberry \$1.59 lb.

Nutty Honey \$1.35 lb.
a great value - reg 1.49

New England SuperNat ... \$1.75 lb.
A delicious combination of puffed cereals and granola
- reg 2.35

We Accept

ATM Cards
MasterCard & Visa
Cash & Checks
Food Stamps

**Store Hours**

Monday - Saturday
9:00 am - 8:00 pm
Sundays
10:00 am - 6:00 pm

Partial List

This is just a sample of the many items now on sale at The Good Life Grocery. For a complete listing, please refer to the Sale sheets posted in the store. All sale prices will be in effect from October 3rd through October 20th - Some supplies may be limited to stock on hand.

448 Cortland Avenue • Bernal Heights • San Francisco • 94110

Grocery Specials

Sorrell Ridge
Fruit Conserves \$1.99
10 oz. - reg 2.49

Tree of Life
Peanut Butter \$3.29
Organic - 16 oz. - reg 4.29

Twinnings
Tea Bags \$1.99
all flavors - 2 oz. - reg 2.49

Green Forest
Bathroom Tissue \$1.39
4 pack - reg 1.59

Ecover
Dish Detergent \$2.99
- reg 3.89

Texmati
White Rice \$1.49
14 oz. - reg 1.79

DaVinci
Extra Virgin Olive Oil \$4.19
17 oz. - reg 5.19

Fantastic Foods
Cups of Soup 99¢
all flavors - reg 1.39

Red Oval
Stoned Wheat Thins \$1.49
- reg \$1.89

Snacks & Beverages

Pennysticks
Pretzel Nuggets \$1.29
- reg 1.59

Dare
Rainforest Cookies ... \$1.89
- reg 2.79

Barbara's
Light Cheese Puffs &
Jalapeño Cheese Puffs \$1.39
- reg 1.79

R.W.Knudsen
Lunch Box Juices \$1.49
3 pks. - all flavors - reg 1.79

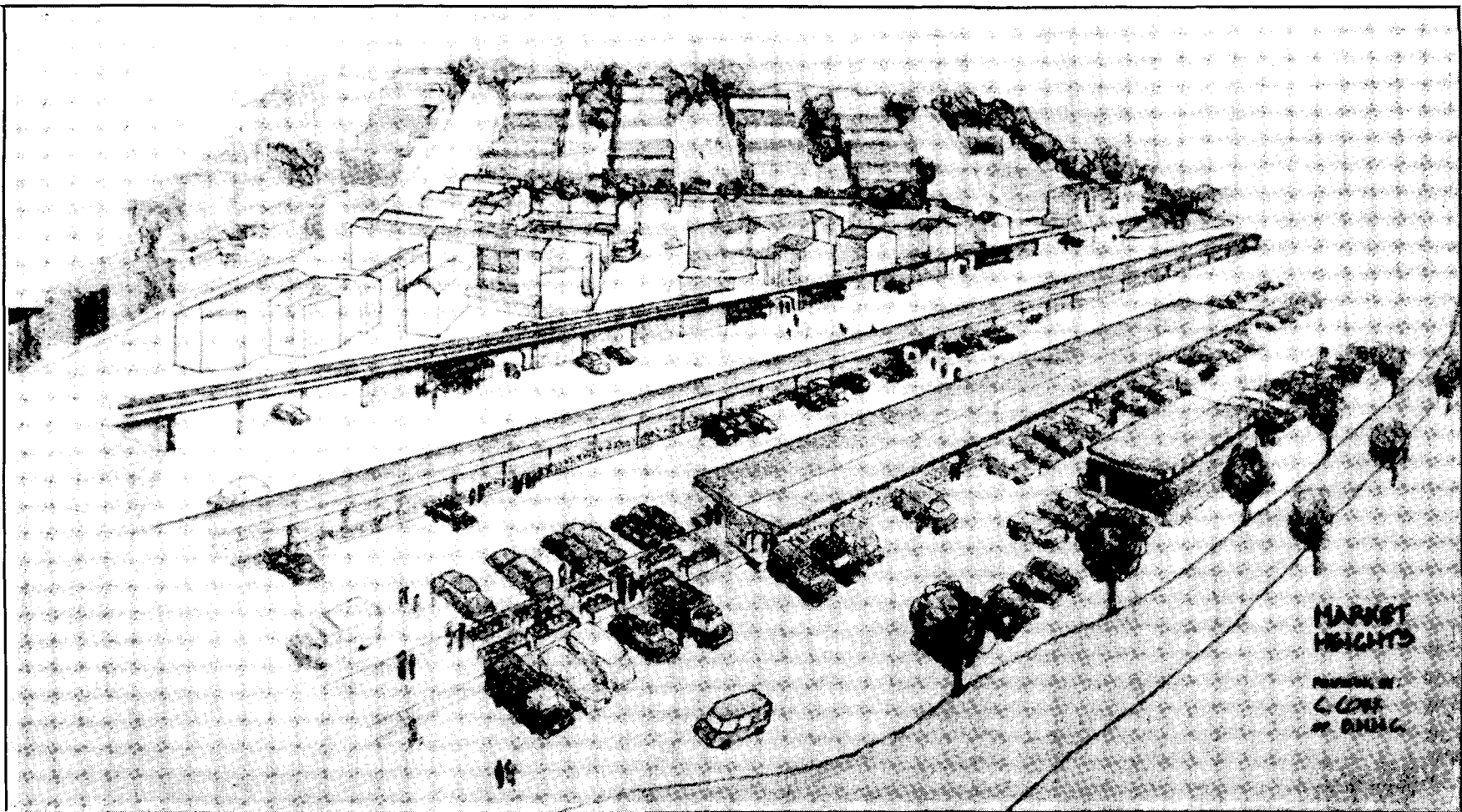
Santa Cruz Natural
Raspberry Lemonade
Strawberry Lemonade
Cranberry Nectar
Organic Juices \$1.59
32 oz. - reg 2.39

We would like to thank all the people who made us feel welcome and appreciated in our first weeks of operation. Your words of encouragement and thanks helped us through a very difficult and chaotic time. We look forward to serving you for many years to come. Please continue to let us know how we're doing. Thank you for shopping the Good Life.

The
GOOD LIFE GROCERY



Community News



Artist's drawing of Farmers' Market and Market Heights.

Public Meeting Highlights Changes to Market Heights Development

A crowd of over 100 attended a public meeting held in August about the proposed Market Heights affordable housing development. Both residents and applicants to the development were eager to hear of the changes and about the progress of project. The public meeting, sponsored by the Bernal Heights Housing

Corporation (BHHC), featured a slide show highlighting the changes to the development. The distance between the housing development's platform now reflects a 60 foot allowance between the housing and the market stalls. This change, more than twice the original distance, accommodated the concerns by the farm-

ers who expressed their need to have more room to maneuver their trucks near the market stalls. The original number of 120 homes were decreased to 92 units in response to the concerns of both residents and the S.F. Board of Supervisors about the density of the project in relation to the neighborhood. Although zoning

laws allowed the original 120 units, BHHC Executive Director, Helen Helfer, explained that the original number of units was needed in order to subsidize a childcare center on the site. By creatively reorganizing the units, the project architects, Bob Herman and Stuart Stoller managed to place the childcare facility in a central location, thus preserving the important resource for the working mothers who would inhabit the housing development. Updates on the progress of the environmental review process were also presented by Housing

Consultant, Paul Turner. Although a lead content study is not required by the City, the BHHC assured the community of its commitment to completing a soil study. Bernal residents were also assured that infrastructure improvements in the area to curbs, streets and hydrants would be financed by the development. The Farmers' Market area would also receive between \$500,000 to \$1 million worth of improvements to the market stalls, parking, landscaping, bathrooms and signage.

Filipinos Organize...

- continued from page 1

The Department of Health says that it based its decision upon the recommendations of the Filipino community. Douglas Philips, director of the 29th Street Clinic, feels that this change is another attempt by the Department to take services away from the Southeast section of the City, "No Community advocates or leaders of the Filipino community have come forward to claim this decision as their own. Filipinos living in the area served by the Clinic prefer to have services accessible in their own community." S.F. Filipino-American Council President, Stan Animo, also confirmed Philips's claim, "There was no consultation to the Filipino community in the area. We should have the opportunity to give input to see if it's beneficial to all." Animo also agreed with Philips that it would be difficult for patients to physically and emotionally travel across the city to receive services. "It's much harder for a person with a mental health problem to get out of their house and do simple tasks such as grocery shopping," says Philips, who believes that an emotionally unstable person

- Continued on page 11...

Market Heights:

Affordable Housing for Families

The Bernal Heights Community Foundation is proposing an affordable family housing development near the Farmer's Market. If you think you qualify for one of the units and would like more information, please fill out the form below and mail it to:
BHCF, 515 Cortland Ave, San Francisco, CA 94110.

Name _____ Phone _____

Address _____ City _____ Zip _____

Size of unit needed: 1 BD _____ 2 BD _____ 3 BD _____ 4 BD _____

Current Income Maximums
(1990 figures, adjusted every year):

For a family of 1: \$18,100	For a family of 4: 35,700
For a family of 2: 28,550	For a family of 5: 37,950
For a family of 3: 32,150	For a family of 6: 40,150

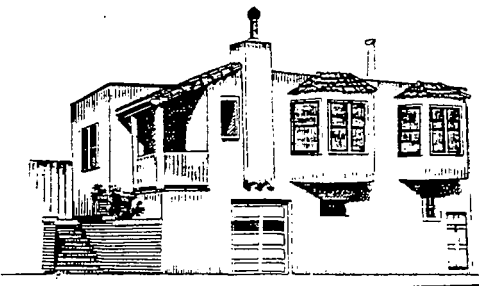
If the Real Estate Market is so bad

How did I close 13 transactions in the last 8 months ?

Although the market has not been as fast paced as in previous years that doesn't mean you can't sell a home. Realistic pricing combined with a well planned marketing effort can still bring about a successful sale.

For results in the sale of property call me

Randall Kostick
648-6255



ZEPHYR
REAL ESTATE & INVESTMENTS
3841 24TH STREET
SAN FRANCISCO, CA 94114

Arts & ENTERTAINMENT



The Nerio DeGracia Latin Jazz Band, pictured here at last year's festival, will play again at this year's Fiesta.

Bernal Festival...

- continued from page 1

Brazilian dance troupe, Omulu Senza, and Filipino dancers from Pandanggo Sa Flaw," says Orozco. This cultural diversity will also be highlighted in the many food booths from local restaurants, including Thai cuisine, Cajun style cooking, Pupusas, and Falafels.

As the Fiesta date approaches, Orozco's work pace has become busy and hectic, but he remains happy and enthusiastic. Along with the important organizing of bands, permits and equipment, Orozco must also organize the finer details, such as where to put the dunking booth in the Bernal Playground, the site of the Fiesta. "Oh, yeah...there's going to be a dunking booth!" smiles Orozco with a mischievous grin. Renown neighborhood personalities such as Buck Bagot will supply an at-

tractive target for both friends and adversaries of the outspoken Bernal resident. If "Dunking Buck for a Buck" doesn't sound like a good time, there will also be pony rides, arts & crafts making, face painting, and game booths. Visual artists will also display their painting, ceramics and jewelry creations for exhibit and for sale.

An exciting Cabaret on October 18th has been planned to kick off the weekend festivities, as well as to raise money for the sponsors of the Fiesta, the Bernal Heights Neighborhood Center and the New Bernal Journal. Latin jazz will be performed by Salsa Caliente and special Community Service Awards will be given to Supervisor Kevin Shelley, N.W. Bernal Block Club Co-Organizer Miki Saxon, SOAMMA President Phil Zamora, CPOP Officer Rey Ibay and Bernal Librarian Dorothy Coakley for their work in improving Bernal Heights.

For Fiesta information and Cabaret tickets, call the BHNC at 648-0330.

- By Vicki Victoria

Potter...

- continued from page 1

pots she had seen. the techniques she had seen at First Mesa were not as simple as they seemed. The technique of burnishing (rubbing the clay with a stone until it achieves a high gloss) was especially elusive. At the end of the year, Janet again visited the Hopi Reservation. She viewed the Hopi potters and their wares with a renewed respect.

Since that time, Janet has visited with potters in other parts of the Southwest, in Mexico, and in Central and South America. She has learned that in order to understand the pots from these cultures, one must also understand the cultural origins and contest from which they spring.

Janet is now offering Bernal residents a class which covers the things she has learned over many years of study. the techniques used to make symmetrical pots by hand are taught, along with how to burnish the clay. Pit fires at the beach produce both the now famous southwestern style all-black pots, as well as pots which have a polychrome surface. An extensive slide collection shows students the wide variety and sophisticated designs used in traditional American pot making.

The class entitled Pottery of the Americas is offered at Clay Bear Studio, 300 Virginia Street. Call 586-3373 for more information.

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The New Bernal Journal delivered to your door!

...help support your bi-monthly community newspaper!

() \$9.00 for one year
() \$17.00 two years

Name: _____

Address: _____

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Thank You!

Send to:
New Bernal Journal
515 Cortland Avenue
SF, CA 94110

Walking Blues

By Jacqueline Elizabeth Letalien

I have a dilemma: I want to write about graffiti and trees; the relationship between the two, nevermind the dilemma, is not readily obvious. I was warned in a college English class not to stretch metaphors, and perhaps the same is true of dilemmas.

When the phrase "save the environment" is used in the promotion of an ecological balance, the meaning usually refers to wilderness, butterflies or owls, plants and animals living in nature. (Usually the saving is from unnatural disasters such as pollution, clearcutting, littering; human technological wastefulness.) Natural disasters are usually not included in this concern. There is good reason for this since natural disasters often bring renewal, regeneration, beauty. Volcanos release rich soil and cover naval bases. Forest fires initiate cycles of new plant growth and establish a strengthened, cleansed wilderness.

City living seems separated from these natural cycles and changes. As I walk around the neighborhood and others, I see that urban dwellers trash the streets as they do forest paths. I see senseless graffiti of a mutilated human spirit reduced to scribbled scrawls.

An urban neighborhood is our environment. The need here as well as in the forest is for natural renewal and regeneration. Chopping trees in yards doesn't necessarily destroy cities and it doesn't make the streets cleaner. (Some urban people think trees are messy and dirty because they drop leaves. Well, shuffling through fall leaves is pleasanter than wading through do droppings.) Some teenager's tag doesn't initiate cycles of new vision. (I wonder what they're trying to tell us. Hopefully graffiti could be strengthened to become a poetic phrase, or even an entire mural of meaning.)

In the city we are somewhat separated from nature, and we are still a part of the environment and natural balance. Nothing we do in the forest or in the city is without natural consequence to the balance of life and death in the wild or urban environment. When we pull out a weed, plant a flower. When we curse a tree, remember that trees makes oxygen for us so we can breathe. When our awareness acknowledges that we are a part of nature, maybe then graffiti will return to the creation of such phrases "remember to stop and smell the flowers."

BERNAL CALENDAR

14th Annual Halloween Carnival, Wednesday, October 31st, 5:30 - 8:30 p.m. Children can enjoy a safe and fun filled Halloween at the Mission YMCA. Haunted House, Costume Contest, magician, games, food, surprises and treats. Admission is \$1.00, activity tickets are 25¢. Mission YMCA, 4080 Mission Street.

Coleridge's 2nd Anniversary Celebration, Thursday, October 24th, 5:00 - 8:00 p.m. Neighbors are invited to celebrate the 2nd Anniversary of the Coleridge Park Homes at 190 Coleridge which provides affordable housing for senior citizens and disabled tenants. Potluck dinner and dancing will be featured. Admission is one potluck dish.

City Wide Open Studio, Saturday & Sunday, November 1st and 2nd. The Bernal Women's Arts Group (BWAG) will exhibit and sell their work in conjunction with the city wide "Open Studio." Paintings, prints, ceramics, masks, sculpture and other innovative expressions of joy, healing and inspiration will be highlighted at the Bernal Heights Neighborhood Center, 515 Cortland Avenue. Contact Beverly Carey-Koenig for more information: 648-4916.

Bernal Hilltop Work Party, Sunday, October 20th, 11:00 a.m. Become more familiar with the flora and ecology of the hilltop at a preservation/restoration work party. Call Barbara Pitschel: 282-5066.

Cabaret, Friday, October 18th, 8:00-11:00 p.m. A wine and hors d'oeuvre reception to benefit the "Fiesta on the Hill" will feature Latin jazz by "Salsa Caliente." Special appearance by Michael Carabello of "Drums on Fire" and formerly of "Santana." Bernal Heights Neighborhood Center, 515 Cortland. For info and tickets: 648-0330.

Fiesta on the Hill, Saturday, October 19th, 11:00 a.m. - 6:00 p.m. Local bands, food, arts & crafts and games will highlight this annual Bernal Heights festival. Dunking Booth, pony rides and children's arts & crafts making will provide fun for the whole family. Contact Angel Orozco at the BHNC, 648-0330. Admission free. Bernal Playground, Moultrie Street at Cortland Avenue.

Mural Tours, Saturdays in October, 1:30 - 3:00 p.m. Precita Eyes Mural Arts Center offers slide talks and walking tours of the area's murals, including Balmy Alley, Flynn School and Garfield Pool.. Call Susan Cervantes at 285-2287.

FIESTA ON THE HILL

October 19, 1991

Participate in this annual Bernal Heights festival, held in the Bernal Playground on Moultrie Street at Cortland Avenue, behind the Bernal Library.

I would like to participate in the Arts Festival as a:

() Musician () Performer () Visual Artist
() Food Vendor () Volunteer
() Planning Committee () other: _____

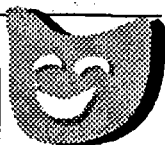
NAME: _____

PHONE: _____

ADDRESS: _____

RETURN TO:

FIESTA ON THE HILL
515 CORTLAND, SF, CA 94110
or call Angel Orozco at 648-0330



Noticias de la Comunidad en Español

Fiesta... - Continúa

Cortland. Muchas celebridades, comerciantes y oficiales públicos aportarán su apoyo a la Fiesta al patrocinar el Cabaret.

El Centro del Vecindario de Bernal Heights patrocina este festival gratis, anual, para promover el espíritu de comunidad y educación.

Para más informes, comunicarse con el Coordinador de la Fiesta, Angel Orozco, al teléfono 648-0330.



Los Mayores Reciben Una Pequeña Ayuda de sus Amigos

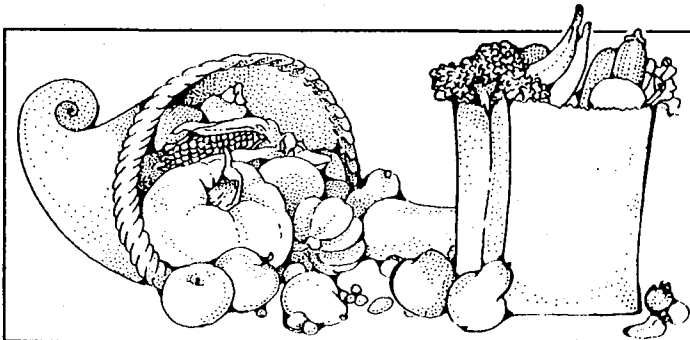
El Programa de bolsas gratis de abarrotes a los mayores comienza en Bernal

El alto costo del alquiler, las medicinas y el seguro de salud puede, a veces, dejar muy poco a un ciudadano mayor con entradas limitadas o fijas. Muchos de los programas de muy largas listas de espera o requieren obtenerlas.

En respuesta a estos obstáculos a la para Mayores de Bernal Heights ha Asistencia en Nutrición Para Mayores," provee una bolsa gratis, usted tiene que años, residir en Bernal Heights, y tener \$650.00 o menos.

Los Mayores del Programa de Bernal voluntaria para sortear y entregar estas mayores. La distribución es en el Centro Avenida Cortland, el tercer Miércoles.

tiene dificultad en caminar o llevar su bolsa a la casa, puede solicitar que un voluntario se la lleve. Los mayores pueden firmar para los bolsas durante la distribución, o llamar al teléfono 206-2145. Las solicitudes e información están disponibles en español.



nutrición básica, el Programa desarrollado el "Programa de o S.N.A.P. Este programa ser una persona de 60 o más una entrada mensual de

Heights prestan su ayuda bolsas de abarrotes a otros del Vecindario, #515 de la de cada mes. Si un mayor

Planea una Fiesta? Boda - Recepcion? Bautismo. Evento Communitrio?



Celebre su próximo fiesta o evento en el centro del vecindario de Bernal Heights situado en la Avenida Cortland y calle Andover; usted, su familia y amigos pueden obtener nuestro salón comedor a tarifas tan bajas como \$50 por hora su próximo evento o una sala de reunión para su organización por \$5 por hora.

Llame a Mauricio Vela al telefono 648-0330 para más informes y reservacion.

**Centro Del Vecindario
De Bernal Heights -**
515 Avenida Cortland ,S.F.

Market Heights:

VIVIENDAS DE BAJO COSTO PARA FAMILIAS

Bernal Heights Community Foundation esta proponiendo un proyecto de vivienda con un valor razonable para familias cerca del Farmer's Market. Si usted cree que califica para una de las unidades y le gustaria tener mayor informacion, favor llenar esta forma y enviarla por correo a: BHCF, 515 Cortland Avenue, San Francisco, CA 94110. 648-0330.

NOMBRE _____ TELEFONO _____

DIRECCION _____ CIUDAD _____ ZP _____

Tamaño del Apartamento: _____

1 BD _____ 2 BD _____ 3 BD _____ 4 BD _____

Numero de Adultos: _____ Numero de Niños: _____

Ingresos Maximos Corrientes:

(cifras de 1990, ajustadas cada año)

Para una familia de 1: \$18,100 Para una familia de 4: \$35,700
Para una familia de 2: \$28,550 Para una familia de 5: \$37,950
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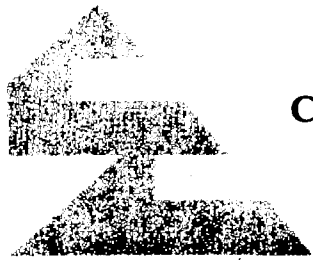
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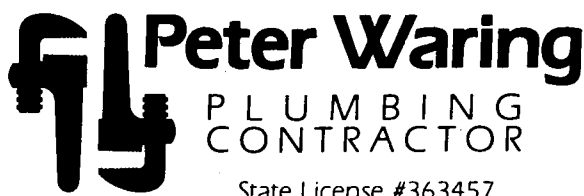
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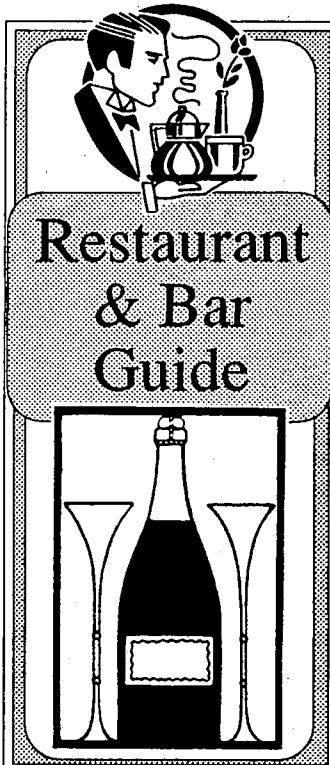
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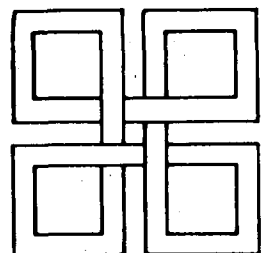
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Walking the Beat

Enough is Enough!

By CPOP Officer Rey Ibay

I was suppose to report to you about the decreased crime in Bernal Heights. Per the statistics, th crime trend is downward, although calls for police services are on the upswing. This report is supposed to be an upbeat report. Unfortunately, I will not talk about good news in this issue. Rather, I will talk about domestic violence - you know, the kind that involves husbands and wife cohabitants. To

be more precise, I will talk about husbands beating their wives.

Three weeks ago, I responded to Richland Street on a wife-beating complaint. I arrested the husband for beating his seven months pregnant wife. The good news now is that the husband is in jail and that, for now there are no more beatings. However, two days ago, I was informed by the District Attorney's Office that the husband is out of jail and back with his wife. What bothers me is the waiting and anticipation of the inevitable call by the wife, asking for help because of more beatings. saying that is being beaten again. I pray that it does not happen. But all I can do is pray.

A great number of the wives who withdraw their complaints against their husbands are scared and totally dependent on their husbands. Terminating their relations with their abusive husbands are decisions that many of these wives are unable to make because "fear" rules their actions. Although there may be initial arrests of abusive husbands, most abused wives are unable to or refuse to go through he legal processes that can help these women solve or end their predicaments. Intimidation only reinforces the husband's role as "King of the Home" and later, sadly, the beating resumes.

Hopefully, abused wives will find the courage to say "Enough is enough." As you know, police can only help those who want to be helped. Beatings and violence have to stop before someone is seriously hurt or killed. Wives must let the system help them by making the decision to "Go all the way and jail the bastard."

Apartment Recycling Reaches Bernal

By Maria Hon

Apartment residents in Bernal Heights will now be able to recycle conveniently in their apartment buildings of six units or more. Communal containers have been placed in central locations in the garbage or parking areas of apartment buildings.

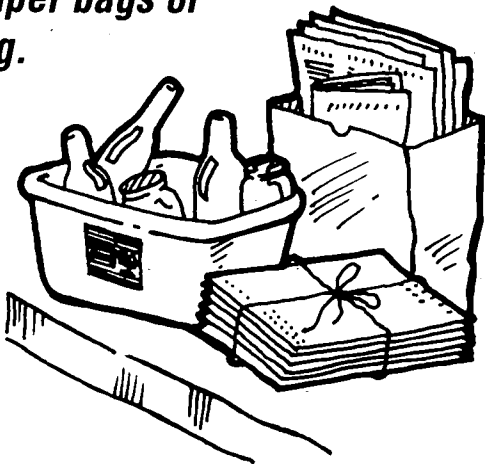
"We know that Bernal Heights residents want to recycle and we want to make it as easy and convenient as possible," says Amy Perlmutter of the SF Recycling Program. She notes that San Francisco was the first in the state to start a commingled program where glass, tin,

cans and soda bottles could be mixed in one container and no separation is needed. "This system is designed for the convenience of the residents. You can recycle just about anything with only minimum sorting." Color coded containers, blue for glass, metal and soda bottles and grey for paper (newspapers, phone books, junk mail), makes helping the environment even easier. Unfortunately, not all apartment buildings have sufficient room to locate the two large containers. However, apartment residents and their managers are encouraged to call Tim Brownell of the Recycling Program at 330-2872, in order to find alternate locations.

DON'T LET THE WIND BLOW YOUR RECYCLABLE PAPER AWAY!

Put paper in paper bags or tie it with string.

Help keep our streets clean while you recycle!



KEEP UP THE GOOD WORK, ART !

Mayor Agnos has worked with Bernal Heights residents to solve community problems. COMMUNITY INITIATIVE-A MAYOR WHO LISTENS-A MAYOR WHO ACTS-IT WORKS!

SIGA TRABAJANDO TAN BIEN COMO SIEMPRE LO HA HECHO - ART !

El Alcalde Agnos ha trabajado con los residentes de Bernal Heights para solucionar problemas de la comunidad. Iniciativa de la Comunidad, un Alcalde que escucha, un Alcalde que actua - FUNCIONA! Lucha contra el crimen en la comunidad-Vivienda a precios razonables- Servicios de la Comunidad

COMMUNITY CRIME FIGHTING-

- * The CPOP program, with two foot patrol officers now in BERNAL- A Filipino and a Latina.
- * Police work with neighbors to push drug dealers out of Holly Court, Holly Park, Precita Park and the Bernal Playground.

AFFORDABLE HOUSING-

- * Mayor Agnos has doubled funding for affordable housing, supporting community based non-profit housing development.
- * Supported and signed the ordinance extending rent control to vacant units- (Now on the Nov.ballot as Prop M- Vote Yes)
- * As an Assemblyman, backed the building of 49 units for elderly and disabled above the Standard Brands store.
- * The Mayor's Office loaned funds to rehabilitate 20 low income Bernal households in the past year.

COMMUNITY SERVICES-

- * Improved the system for towing abandoned cars.
- * Signed budgets keeping the Bernal Branch Library open at full service.
- * Supported the Day Laborers Program—hiring hall in the Mission; reduction in crowds seeking work at Mission/Valencia.
- * Support for Cortland Ave merchants in clean-up efforts; assistances to new business like the Good Life Grocery.
- * Signed budgets keeping the 29th St Mental Health Clinic open.
- * Reinstated the Mayor's Youth Employment Program — 50 after school jobs for Bernal youth, plus 100 summer jobs.

"Mayor Agnos has the best record on Lesbian & Gay Issues of any Mayor in America" - TOM AMMIANO

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Youth & Senior News

Bernal Youth Programs

BERNAL HEIGHTS NEIGHBORHOOD CENTER YOUTH SERVICES

YOUTH EMPLOYMENT

• **THE MAYOR'S YOUTH EMPLOYMENT EDUCATION PROGRAM** serves youth that are in school, between the ages of 14 through 18, low-income and need the support of their communities to be well trained, skilled, experienced young adults for future business fields.

We are currently accepting applications for this program. We have a limited number of positions. If you are interested come and see us right away.

• **SUMMER YOUTH EMPLOYMENT AND TRAINING PROGRAM** employs youth during the summer months that are in school, and/or graduating, and low income.

JOB DEVELOPMENT

This program assists youth 17 through 26 in finding jobs, planning job search strategies, preparing resumes and job applications, improving interview skills, coping with job search stress, and on the job coaching.

The program also assists youth 14 through 18 that cannot qualify for the **MYEEP** or **SYETP PROGRAMS** to find jobs.

If you have a job vacancy you would like filled contact Don Lee Hall.

YOUTH ORGANIZING

This program assist community youth in becoming productive, and positive contributing citizens.

Its planned focus is:

- Improving self esteem
- Developing life skills
- Peer Counseling
- Life planning
- Entrepreneurship

For information regarding any of these programs CALL:
JOSE LEON, 206 2143 **DON LEE HALL, 206 2156**
YOUTH PROG. DIR. **JOB DEVELOPER/ YOUTH ORG.**

Seniors Helping their Neighbors



S.N.A.P. volunteers Vernon Tarriel, Jean Pascual, Anna Diffult, Miriam Murphy, Enrica Zabala and Julia Riddel help to sort and deliver these grocery bags for low income senior citizens in Bernal.

Bernal seniors volunteer in free grocery bag program

It's the third Wednesday of the month and the Bernal Heights Neighborhood Center is filled with cartons. A small army of volunteers descend upon the cartons, opening and sorting the items: canned peas, chicken noodle soup, margarine and even Rice-a-Roni. The goods are placed in plastic bags and handed to a smiling recipient. It's S.N.A.P. grocery bag distribution day at the Bernal Heights Senior Program.

Volunteers like Miriam Murphy and Anna Diffult enthusiastically help to bag the groceries for other senior citizens of Bernal Heights. The high costs of prescription drugs, rent and supplemental insurance often leaves little

leftover for the other necessities in the life of a senior citizen on a limited income. This is why the smiles are so wide when a S.N.A.P. grocery bag is received.

The Senior Nutrition Assistance Program or S.N.A.P. was created by the Bernal Heights Senior Program, in response to the long waiting lists or periods of other nutrition programs for the elderly. In order to receive home delivered meals from Meals on Wheels, a homebound senior waits two to three months before deliveries begin. A supplemental food box from E.O.C. will put you on a nine month to a year waiting list. These obscene waiting lists for supplemental nutrition drove the Bernal Heights Senior Program to develop the S.N.A.P. grocery bag program.

To be eligible for a S.N.A.P. grocery bag, a senior citizen must be 60 years and older, live in Bernal Heights and have a monthly income of \$650 or less per year. Recipients of the bags are invited to volunteer to help the program. Volunteering includes friendly phone calling or grocery bag deliveries to homebound seniors in the neighborhood. A surprising amount of these seniors do volunteer and enjoy the satisfaction

of having given, as well as received. The volunteering instills a sense of being a part of the community, as well as retaining one's dignity.

Seniors also help in fundraising efforts, such as an annual Christmas Arts & Crafts Boutique and bake sales, in order to raise the funds needed to purchase food for the grocery bag. Goods for the bags are purchased from the S.F. Food Bank, which charges a 15¢ per pound shared maintenance fee to the Bernal Heights Senior Program.

Over 75 grocery bags were distributed to Bernal's elderly in September alone. As more seniors and their families learn of the S.N.A.P. grocery bag program, more volunteers both seniors and non-seniors, are needed to help organize and deliver the bags. Volunteers with cars are especially needed to deliver bags to the community's frail and homebound seniors. Volunteers can call Vicki Victoria at the Bernal Heights Senior Program, 206-2145 to help our community's elderly.

A Touch of the Good Old Days:

Neighborly Discounts and Services

by Carmen Mendieta

Do you find yourself longing for the good old days? For many folks, a mention of the good old days brings back sweet memories of reasonable prices, friendly service, and a slower, more relaxed pace. For some seniors the whirl of impersonal service, soaring prices and hurried shoppers makes a trip to the store a real chore. Where is the courtesy and helpfulness of bygone days?

There's good news! In today's costly, self-service, hustle-bustle world there are still people who strive to offer good service, reasonable prices, and a friendly approach. Although we can't turn back the hands of time, we can find some of this good, neighborly service here in Bernal Heights.

The Senior Gold Card can offer the pocketbook some relief. This card allows seniors a discount at over 500 stores and businesses in San Francisco. To get this card call Senior Information and Referral at 626-1033 or stop in at 1182 Market St. Room 320.

Good Life Grocery on 448 Cortland Ave. offers a 10% discount for Senior Gold Card holders. The offer is good 7 days a week between the hours of 9:00 AM and 3:00 PM. Call 648-3221

Arrow Pharmacy on 439 Cortland Ave. offers free delivery on prescriptions and other necessities. Call 648-5618

Cole Hardware on 3312 Mission St. has a friendly staff that speaks an impressive United Nations like list of languages. They accept phone orders for C.O.D.. Delivery is free whether you order over the phone or prefer to make your selections in person. Senior Gold Card. 10% discount. Call 647-8700

The Emerald Edge on 513 Cortland Ave. will do a free bloodpressure check when the proprietor (a Registered Nurse) is in. Try some free wheatgrass juice for a healthy energy boost on your first visit to the store. Call 647-6556 for the best time to come in.

The Health Paws on 3274 Mission St. offers free delivery of anything you need for your pets. They also specialize in natural flea repellents and deodorizers for your home. Call 285-0209

Pacific Gas and Electric has a free service that can be a benefit to your budget, conservation efforts, and home. A free energy saving plan includes a PG&E auditor who will do a complete evaluation for energy usage, and make recommendations on energy saving options. They will also supply you with a hot water heater blanket, 2 low-flow shower heads, and 2 fluorescent lights all for free. Low income residents can qualify for free weatherization or replace old energy wasting appliances with a new, energy efficient appliance. Call PG&E residential service at 972-2559.

It's great to see that even in 1991 there are services we can enjoy that don't cost money! We have mentioned just a few of these services. Please feel free to call and let us at know of other free or discounted services you know of so we can spread the word. Call B.E.S.T staff Carmen Mendieta or Julie Mills at 206-2146

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Amir Window Washing Company. Free estimate. Inside, outside, homes, shops, all glass. Neat and reliable. 826-8958 ask for Amir.

PROFESSIONAL SERVICES

Learn Spanish! The Spanish Place, your neighborhood's private school, offers individual and group classes. Native teacher Débora Marta, a SFSU graduate of 15 years of experience says: "I love to teach my beautiful language and you'll love to learn it too!" Sign up now! All levels, all ages. Advanced Literature Group meets Wednesdays. Call 584-9560.

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Real Estate Service Provided by a Bernal Heights Resident who cares about the Community! 5% of my commission from your purchase or sale of Bernal Heights Property will be donated to the Bernal Community Organization of your choice! Call Evan Gerling, Hartford Properties, 863-7500, ext. 113, for more information.

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licensed, certified, professional since 1981
Bernal Heights location
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25% Discount with this ad

What's Up...

Continued from page 1

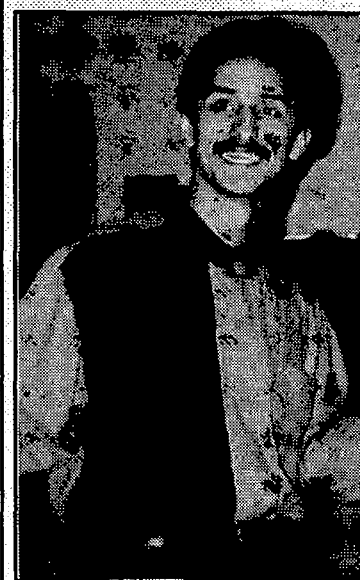
made were fixing fences, adding lighting, removing graffiti, quarterly sweepings, fixing benches, re-position barriers, painting guard rails, and additional surveillance. Club activist Miki Saxon has been nominated to receive a Community Service Award at the Bernal Heights Neighborhood Center's Annual Cabaret on October 18th for her great work in this section of our community. The next NWBBC meeting will be October 8th at 7:00pm at Cafe Commons.

The Mission Job Fair was held in August at the Day Laborer's new site located at 17th & Hampshire. Fifty-three jobs were provided by Bernal/Mission businesses and neighbors with 60% of the jobs coming from Bernal. Thanks to all who supported the Laborers in their efforts to get their program off to a good start. Don't stop calling when you have extra work for them: 554-1377.

In Northeast Bernal, the Miller Memorial Garden was refurbished by the S.F. Rec. & Park Department. Neighbors from Brewster & Costa streets have been working on further improvements on Saturday mornings at 10:00 a.m. Additional neighbors are invited and welcomed to participate. Get involve in your community garden.

The South Bernal Neighbors Association is closely working with the East Slope Design Review Committee to set up their own peer review group in their area. Contact Michael Shay if interested at 821-1886. Alemany Resident Management Corp. members are attending classes on Resident Self Management, and the Holly Court Tenants are awaiting the commencement of heating, roofing, and security renovations. The East & South Slope Neighborhood Committees met with Brad Paul of the Mayors Office of Housing and Community Development exploring ways to improve infrastructure, particularly fire hydrant water pressure, as well as street improvements. Committee elections will take place October 22nd. For more info, contact Terry Milne at 285-8978.

If you know of any news of neighborhood groups or individuals doing things to improve the community, drop me a note or give me a call at 206-2140. See you all at the Fiesta On the Hill !!!!



Carlos Lobo, My Friend

By Martin Araujo

I knew Carlos since I was 5 years old. I never would have thought that from boys who could not look at each other eye to eye, we would grow up to men with a deep bond and respect for each other, with an everlasting friendship. I considered him my brother.

As the years passed by, Carlos and I went through all the usual stages that boys who grow to men usually go through. We played high school sports together. We rebelled against our parents. We thought we were cool with the girls. We hung out with the guys, etc. After graduating, people often lose touch and go their separate ways. But not me and Carlos.

Carlos Lobo, 23 years old, was killed in a motorcycle accident in August. Carlos had started the Moultrie Street Neighbors because he cared about his neighbors and wanted to do something about their streets's problems.

He had a great way of communicating with people and was a great listener, too. Carlos was a giving, friendly, honest, unselfish and wholehearted person. He was a proud man. He always put the needs of others first and his needs, last. Even if he was full of problems, you would never know it because he was always friendly, always with a smile on his face.

The night before Carlos passed away, we went to a Giants baseball game at Candlestick. We capped, laughed and had a great time together. He was happy and so was I. Knowing Carlos as I did, I know he would not want us to remember him with sorrow and pain, but laughing and smiling. He'd want us to go on with life with the memories of the good times we individually shared with him.

So, I ask you for Carlos, please remember him with joy, not pain. Because if he knew that we were sad for him I know he'd rather not be remembered at all.

Carlos, you'll always be a part of me. I love you, brother.

Health Focus

Colds and Flu

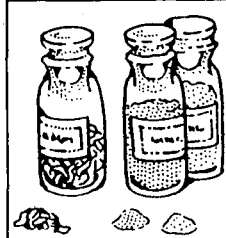
By Jeanette Conley, RN

Already I am seeing many people struck with the sore throat generally feeling run down. Families are hit hardest due to the fact that if one gets it, they all get it. Young children and older adults seem to keep these colds for a long time and this can put a strain on any household.

Prevention is key. Proper sleep, reduction of stress, good nutrition are beneficial to rebuilding the immune system. Early detection is useful to implement a good treatment regime.

For sore throats a vitamin C tablet in gling with salt water teas with lemon and sore throat. Grapefruit been useful in severe

For colds large min C up to 5 grams, plex, Quercetin, bee honey, garlic and brewers yeast boost the immune system. Herbs that work as a natural antibiotic are goldenseal, echinacea and astragalus root.



clove of garlic or the mouth. Garlic and drinking herb honey sooth the seed extract has sore throats.

amounts of Vitamin B compollen, unfiltered

Push fluids, especially at onset. Juices that are useful are carrot, beet, lemon, orange, tomato and watercress. Herbal teas are echinacea, ginger, lemon grass, slippery elm and camomile.

Prevention and early detection are good to eliminate and decrease a persons down time with the cold. An awareness of the body and its needs for rest relaxation and activities are essential. With prevention one can usually prevent the onset of a cold or flu. Jeanette Conley RN, The Emerald Edge 513 Cortland Ave. 647-6556. Nutrition Classes to start in October.



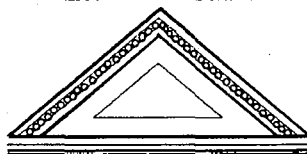
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Filipino groups, such as the Our Lady of Mercy of St. Kevin's Church Group pictured here, organize around social and religious activities. Now they are being challenged to organize for community based services.

Filipinos Organize...

- continued from page 3

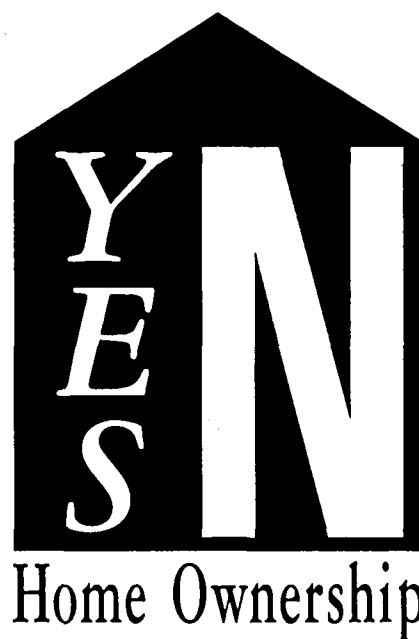
would not seek help outside of the familiarity of their own community.

"The highest concentration of Filipinos are here in the Southeast area and not in the South of Market," says Sorro. He explains that the South of Market hosts many new immigrants and disad-

vantaged Filipinos initially. "But as they become established and move out of the central city, they become renters and home owners in the Southeast area." Animo further explains that this stability should not be construed by the Department of Health, "Even if they're able to buy and rent houses, many of these Filipino homes contain extended families. Older parents



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Astro Rap

by Jessica Murray

Ten years ago an English astrologer named Liz Greene wrote that in 1989 the Soviet "Union" would "begin to divorce." How did she know?

The planet Pluto, which governs the principle of breakdown-into-constituent-parts, was headed for the USSR's sun.

Countries have birthcharts just as people do. The entity "born" on November 8th, 1917 (not the soul of Mother Russia, but that particular version of her birthed by the Bolshevik revolution) has a chart which astrologers work with to figure tendencies, blockages and turning points.

Greene was not alone in predicting some cataclysm that would make or break the USSR. The Soviet sun is 15 degrees Scorpio, and the planet of disintegration/renewal as to arrive at the degree in early 1989. When such a transit hits the chart of an individual, some life-or-death experience occurs (rarely physical death, but its intensity reads the same way to the psyche) that leads the person to a sense of rebirth. Greene made the point that if the same transit were to hit the chart of a marriage, divorce would be all but inevitable.

The complete reshuffling of the Soviet states is from an astrological point of view a regenerative identity crisis, as fated as mortality.

For astrological classes and consultations, call Jessica Murray: 626-7795



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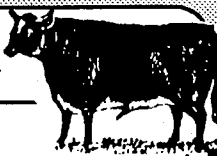
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